



*My baby knows
the perfect time to
be born*

*I trust the
birthing process*



*My body opens
my baby descends*

*I am staying in
this moment
with my baby*



*I have
surrounded
myself with
positive support*



*Each sensation
brings me closer
to my baby*



*Breathe in
Breathe out
Soft and slow*



*I am prepared
for the birth that
my body and
baby need*



I can do this



I am not afraid



*My mind is calm
My body is relaxed*